













THE FROG WHO WANTED TO BE






AS BIG AS AN OX




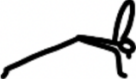










<p>Namaste</p> 	<p>We begin seated with crossed legs and we say the magical yoga word to start the session. After 3 we say "Namaste"</p>
<p>Cow Bitilasana</p> 	<p>The beef was the smallest beef on the whole farm. (We get down on all fours.)</p>
<p>Cat/cow Marjariasana/bitilasana</p> 	<p>He would like to be as tall as the others so he stretches. (We hollow the back while looking in the air then we arch the back while looking at the ground. Slowly we start again several times.)</p>
<p>Tiger Vyaghrasana</p> 	<p>But he is still the smallest. So it expands further. (We extend one leg in the air then bend it and come to touch his forehead and then do the same with the other leg.) But the other ox laugh or ignore him.</p>
<p>Frog Malasana</p>	<p>On the other side of the farm, at the end of the pond, are frogs.</p>

	<p>(Frog pose: Squat down, we spread our knees with our elbows.) One of them always boasts of being the best.</p>
<p>Boat Navasana</p> 	<p>“Look at what I can do, how strong I am, I am the strongest of all!” (We are very strong like the frog, we put our bottom on the ground and we raise our legs.)</p>
<p>Frog Malasana</p> 	<p>The other frogs (Frog pose) can no longer stand the pretentious one and want to teach her a good lesson.</p>
<p>Cat/cow Marjariasana/bitilasana</p> 	<p>Our little ox is coming. (On all fours we dig our backs.) He is now at the edge of the pond to drink. He takes a sip (With each sip we puff out our backs while sluurp.)</p>
<p>Frog Malasana</p> 	<p>The little frogs have an idea. (Frog Pose) “You may be strong but you’re not as big as an ox!” »</p>
<p>Bow Dhanurasana</p> 	<p>The frog is very upset and wants to prove that he can be as big as an ox. (We get on our stomach and try to grab our feet, we can stay in this</p>

	<p>position or we can try to raise our thighs and round our back to get bigger.) The frog accepts the challenge and puffs out his belly. "Is he as big as this?" »</p>
<p>Cow's head Gomukhasana</p> 	<p>The ox looks at the frog. (We're going to do the ox's head by having one leg bent foot close to the opposite bottom and trying to bend the other leg over it knees above one another. We bend the arms one above head one in the back and we try to touch our fingers in our back.) The ox is very amused to be the biggest one for once. " No not at all "</p>
<p>Bicycle</p> 	<p>The frog starts exercising to gain width. (We get on our backs and pedal.)</p>
<p>Sleep Vinsou Anantasana</p> 	<p>The frog eats a lot at the end of each exercise to gain weight. (Lying on our side with our leg in the air, we open and spread our top leg like a big chewing mouth.)</p>
<p>Bow Dhanurasana</p>	<p>The frog is still trying to round up. (On our belly we grab our feet.) And now? Am I there?</p>

	
<p>Cow's head Gomukhasana</p> 	<p>The ox (We get back into the ox head pose by swapping the legs.) Not at all! says the ox, wondering how far the frog will go.</p>
<p>Plank Dandasana</p> 	<p>The frog is trying hard. (We get on our elbows in a plank position.)</p>
<p>Dolphin Pincha</p> 	<p>He wants more than anything to win. (We move our feet forward and then we move them back several times.)</p>
<p>Sleeping vinsoou Anantasana</p> 	<p>The frog eats again. (We stand on the other side to make the big mouth with our leg.) He eats even more than the first time.</p>
<p>Bow Dhanurasana</p> 	<p>The frog is still trying to round up. (On our belly we grab our feet.) And now? What do you think ?</p>
<p>Cow's head Gomukhasana</p> 	<p>The ox (We get back into the Ox's head pose swapping the legs.) He says: "Absolutely not. »</p>

<p>Warrior 1 Virabhadrasana I</p>  <p>Warrior 2 Virabhadrasana II</p>  <p>Reversed warrior Viarita Virabhadrasana</p>  <p>Humble warrior Baddha Virabhadrasana</p> 	<p>The frog is back to exercising. (Standing, we move one leg back and bend the one forward we raise our arms in the air, then open our back foot and open our arms wide. Then we lean backward placing our hand on our back leg. We come back up, interlace the fingers in our back and bend forward before doing everything again on the other side.) The frog is tired and hungry.</p>
<p>Sleeping Vinsou Anantasana</p> 	<p>The frog devours the meal. (We switch sides to eat.)</p>
<p>Bow Dhanurasana</p> 	<p>The frog tries one last time to round up. (On our belly we grab our feet.) And now? "I'm sure I'm as big as an ox." She says.</p>
<p>Tête de vache Gomukhasana</p> 	<p>The ox (Ox's head swapping legs and arms.) He says: "You don't approach it. »</p>

<p>Croissant de lune</p> 	<p>Night has now fallen on the farm. (We get up and make the moon , we raise our arms as high as possible as if to touch the sky, interlace our fingers and we lean to one side then the other.)</p>
<p>Angle</p> 	<p>(We sit with our legs apart.) In a last desperate effort, the frog stretches, stretches, stretches (we raise our arms to the sky.) He stretches and boom he explodes. (We try to lean forward.)</p>
<p>Savasana</p> 	<p>All deflated, the frog learned the lesson well. There's no point in envying our friend, we have to be proud of who you are. (We lie down arms and legs apart.)</p>
<p>Savasana</p>  <p>Namaste</p> 	<p><i>Resting time: You can put on some calm music or meditate or Yoga Nidra. At the end of relaxation, we slowly move again and come back to the Namaste position to end the session.</i></p>